



Mia Segal's Feldenkrais Training & Applications

SERIES 1



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Mia Segal

Feldenkrais Training and Applications

Series 1

In this collection of lessons Mia demonstrates and explains in depth how to use the simple movement of twisting while lying on the back to address a variety of physiological difficulties and how to keep improving through complete integration of the mind-body system. Mia clearly and succinctly demonstrates her multi-faceted approach through sensing, comparing, understanding, observing and integrating all levels and approaches of this work to accomplish a meaningful and solid learning experience. This sequence is a must-have for anyone interested in the Feldenkrais Method.

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Series 1	Disc 1	Lesson 1	Twisting
	Disc 2	Lesson 2	Lengthening the arms
	Disc 3	Lesson 3	Alleviating whiplash

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